

Daily Mood Chart

(How I Feel Right Now)

Child _____

Age _____

Date _____

1. In one blank, write the words that best show your feelings or moods. (See other side)
2. In another blank, write what it was that may have caused the feeling.

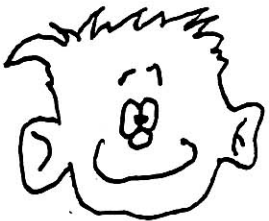
Morning

Evening

Sunday	Feelings:	Feelings:
	Possible Causes:	Possible Causes:
Monday	Feelings:	Feelings:
	Possible Causes:	Possible Causes:
Tuesday	Feelings:	Feelings:
	Possible Causes:	Possible Causes:
Wednesday	Feelings:	Feelings:
	Possible Causes:	Possible Causes:
Thursday	Feelings:	Feelings:
	Possible Causes:	Possible Causes:
Friday	Feelings:	Feelings:
	Possible Causes:	Possible Causes:
Saturday	Feelings:	Feelings:
	Possible Causes:	Possible Causes:

Parents comments: _____

(How Do I Feel Right Now?)



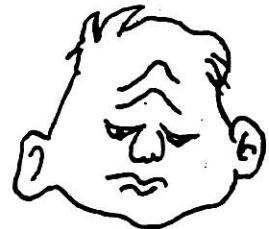
Happy



Shy



Bored



Guilty



Confident



Anxious



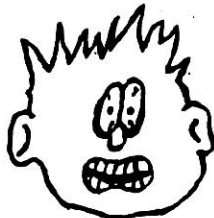
Mischievous



Exhausted



Smug



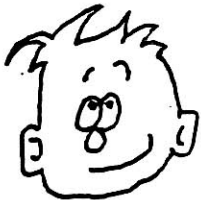
Frightened



Frustrated



Overwhelmed



Hopeful



Confused



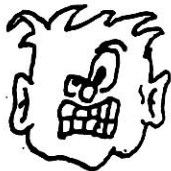
Disgusted



Lonely



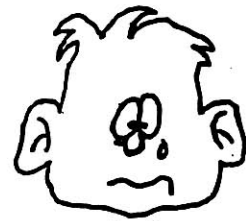
Cautious



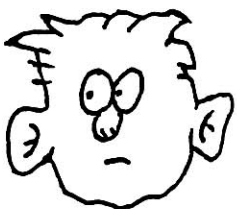
Jealous



Angry



Sad



Suspicious



Embarrassed



Enraged



Depressed